BALLYMORE EUSTACE GAA & LGFA

Home Exercise Booklet

Skills and games for Under 9 to Under 12 – practise at home and become a better player

Ballymore Eustace GAA & LGFA · Bishopslane, Ballymore Eustace, Co. Kildare

Practise like a Battler

The best players practise their skills at home, not just at training. These drills focus on the core skills of Gaelic football: kicking, catching, hand passing, soloing and picking up the ball.

Aim for 15–20 minutes, three or four times a week. Always practise with **both feet and both hands** – being two-footed makes you a much better player.

Safety first

- Play in a safe space – a garden, a park or a green, away from roads and windows.
- An adult should be nearby for younger children.
- Wear runners or boots, and have a drink of water handy.
- Stop if anything hurts.

A 15-minute home session

Time	What to do
3 min	Warm up: jog, high knees, heel flicks, side-steps, arm circles
4 min	Ball skill: solo run or bounce and solo
4 min	Kicking: wall ball, both feet
3 min	Challenge: toe-tap record or score from the 13
1 min	Cool down: walk and stretch

Skills drills

Kicking Wall ball

You need: a ball, a wall

Kick the ball against a wall from 5 metres and catch it on the rebound. Do 10 with your right foot, then 10 with your left.

Make it harder: move back to 10 metres, or catch above your head

Make it easier: let the ball bounce before catching

Passing Hand pass at the target

You need: a ball, a target on a wall

Hold the ball in one hand and strike it with the fist of your other hand. Aim at a chalk target. Do 10 with each hand.

Make it harder: strike on the move

Make it easier: stand closer

Ball skill Solo run

You need: a ball, 2 markers 20 m apart

Toe-tap (solo) the ball every 4 steps as you jog between the markers. Swap feet on the way back.

Make it harder: go faster, or weave through cones

Make it easier: walk while you solo

Ball skill Bounce and solo

You need: a ball

Run, bounce the ball, then do a solo, then bounce again. In football you can't bounce twice in a row.

Make it harder: do it at full speed

Make it easier: stand still and practise the pattern

Catching High catch

You need: a ball, a partner

Your partner throws the ball high. Jump, reach up and catch it at the highest point, making a "W" with your hands.

Make it harder: partner throws while you're running

Make it easier: throw lower

Ball skill Pick-up

You need: a ball

Roll the ball ahead, run onto it and pick it up with your toe – lifting the ball into your hands.

Make it harder: do it at speed, alternating feet

Make it easier: practise with the ball still

Shooting, speed and fitness

Shooting Score from the 13

You need: a ball, posts or a target

Kick 5 points from close range, then 5 from an angle. Count how many go over.

Make it harder: use your weaker foot

Make it easier: move closer

Speed Agility ladder

You need: chalk or sticks on the ground

Draw a ladder. Do fast feet: one foot in each box, then two feet in each box, then side-steps.

Make it harder: time yourself

Make it easier: go slowly first

Fitness Bodyweight circuit

You need: a timer

30 seconds each, 30 seconds rest: star jumps, squats, plank, high knees, lunges. Do the circuit twice.

Make it harder: do 3 rounds

Make it easier: do 20 seconds each

Ball skill Toe-tap challenge

You need: a ball

How many toe-taps in a row can you do without dropping the ball? Try both feet.

Make it harder: alternate feet each touch

Make it easier: catch after each tap

My practice tracker

Tick each day you practise. Write your best toe-tap score here: _____

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wall ball (both feet)							
Hand pass							
Solo / bounce							
Catching							
Fitness circuit							